IMPROVING CACFP Meals/Snacks in Indiana

Numbers in parentheses are the recipe number from the USDA Recipes for Child Care

Component Fruts/Juice Permits 100% juice to be served every day at every meal to be served every day at every meal before the component, but not required. Fruts/Vegetables			eses are the recipe number from the USDA Recip	
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Recipe and Menu Planning Resources:

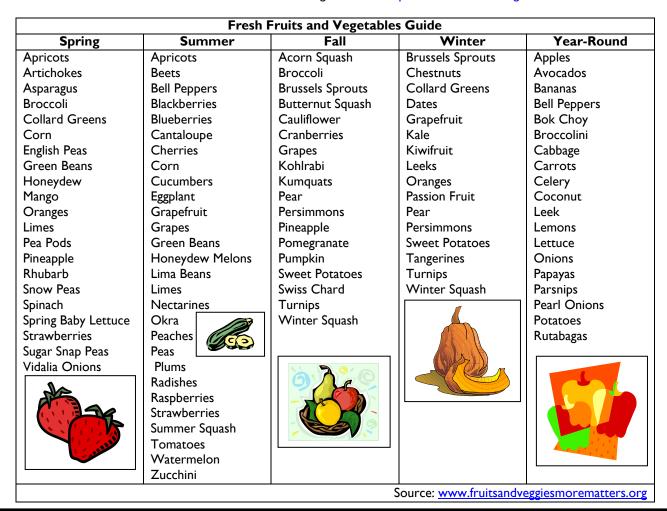
RECIPE for Growing Healthy Children--Section C-recipes begin on page 15: http://www.doe.in.gov/food/recipe/ USDA Recipes for Child Care: http://teamnutrition.usda.gov/Resources/childcare_recipes.html

National Food Service Management Institute (NFSMI): http://www.nfsmi.org/

What's In A Meal?—Healthy Hoosier Edition: http://www.doe.in.gov/food/childadults/in-a-meal/in-a-meal.html
Building Blocks for Fun and Healthy Meals—A Menu Planner for the Child and Adult Care Food Program:
http://teamnutrition.usda.gov/Resources/buildingblocks.html

Food Buying Guide for Child Nutrition Programs: http://teamnutrition.usda.gov/Resources/foodbuyingguide.html

Nibbles for Health: Nutrition Newsletters for the Parents of Young Children: http://teamnutrition.usda.gov/Resources/nibbles.html



- "Proper nutrition is the foundation for providing our youth with equal opportunities in education and giving them the boost they need to lead healthy lives." ~U.S. Senator for Indiana Richard Lugar
- "Every day, with the food you serve, you're teaching them [children] these critical lessons about nutrition and healthy eating. You're shaping their habits and their preferences, and you're affecting the choices that they're going to make for the rest of their lives." ~First Lady Michelle Obama
- "The health of our nation of our economy, our national security, and our communities depends on the health of our children." ~Agriculture Secretary Tom Vilsack

Remember: <u>CLEAN WITH WARM, SOAPY WATER AND THEN SANITIZE SURFACES BEFORE EACH MEAL SERVICE.</u>

"The USDA and the State of Indiana are equal opportunity providers and employers."